

Peya - An Important Pathya kalpana – A Review

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Abstract:

The aim and objectives of Ayurveda are to maintain the health of a healthy person and to cure the disease of the patients. Aahar, Nidra and Brahmacharya are the triads of health. In Ayurveda, root cause of the disease is explained by the concept of mandagni. In Ayurveda classical literature, Acharya firstly focused on diet because due to faulty food habits, digestive power can be hampered. So Aahar plays an important role in maintenance of health and cure of disease. Ayurveda describes the pathya-apathya Kalpana. Pathya Kalpana maintain the "Path" i.e. the srotas or systems of dhatus healthy and also maintain healthy mind. In Ayurveda, after therapeutic procedures like Vaman – Virechana, Jatharagni get disturbed and weakened; therefore, regular normal diet is not advisable. After these procedures "Samsarjan Krama" is advised which provides sequential nourishment to the body. This Samsarjan Krama means a proper sequential diet regimen of peya, vilepi, kritakrita yu-sha and kritakrita mamsarasa. Peya is one of the dietetic preparations in pathya Kalpana, which most commonly used. Peya is beneficial in healthy and diseased. In Ayurveda, Peya has been recommended in various disease. On administering Oushada Siddha Peya, peya does its action as well as exhibits the properties of Dravyas with which it is processed. Peya must be administered depending on the conditions of patient as well as stage of disease.

This article gives glimpses of utility of Peya.

Key Words: Peya, Pathya kalpana, Samsarjan Krama.

Introduction:

Ayurveda is a science of life, which has insisted more importance on prevention of disease and maintenance of health rather than treatment.⁽¹⁾ Swasthavritta gives description of Dinacharya (daily routines) and Rutucharya (seasonal routines) in details.⁽²⁾ Aahar, Nidra and Brahmacharya are the three pillars for a healthy individual. Aahar plays an important role to maintain the health, hence Aahar placed in Tri-Upstambha.⁽³⁾ Aahar (diet) is said to be Mahabheshaja (supreme medicine) by Acharya Kashyapa.⁽⁴⁾ It is also quoted that "No amount of medication can do any good to patient who does not follow the pathya, likewise no amount of medication is needed to a patient if the person follows pathya."⁽⁵⁾

Pathya Definition:

The root term for Pathya is "Patha" means various channels in body and Anapetam⁽⁶⁾ means not causing any harm to human body. So, any food which is not harmful to the body channels on the contrary soothing for the body is known as Pathya.

Need of Pathya Kalpana:

Pathya Kalpana is very much necessary for the patients to have the food which will keep their Dhatus (basic elements) in a healthy state and will not let them get vitiated more by Doshas. So, the patient must follow the "healthy way of consumption of food" i.e. Pathya.

Pathya Kalpana is also used in Panchakarma, after Vaman and Virechana procedures, to boost the fatigued Annavaha srotas (digestive system) and Purishavaha srotas (excretory system) to regain the healthy stage from weakened one.⁽⁷⁾

In Ayurveda, the primary cause of all diseases is considered "Mandagni" (indigestion or lack of appetite).⁽⁸⁾ In today's Era, change in lifestyles, urbanization, industrialization affected our nutritional and qualitative aspect of food which causes immune dysfunctions, metabolic and degenerative changes. Thus, the Ayurveda gives more importance to pathyaka diet than medicines.

In our ancient classical text, various food preparations are described to be used in a healthy as well as diseased conditions i.e. Pathya Kalpana, Kritanna Kalpana etc. These recipes are prepared with the herbal drugs so they enhance digestive fire by secreting digestive enzymes in the body.

Peya which is one among the anna kalpana, prepared to enhance Agni.

Materials And Methods

In the present article, various classical Ayurvedic texts with various commentaries, study material available on internet and journal articles, reference books, research articles etc. has been studied to extract relevant data.

Aim And Objectives

Study of Peya in detail, described in Ayurveda.

Peya Kalpana

There are the instances where Acharya advice to administer Oushada along with Aahara. For pacifying a disease either drugs or diet opposite to the disease can be used.⁽⁹⁾ In Ayurvedic classics various Aahara Kalpanas and Oushada Kalpanas which cure diseases are explained. Aahara Kalpanas and Oushada Kalpanas has to be used as per the need of the patient.

According to Ayurveda, before administering any treatment Bala of Rogi and Roga has to be assessed. If Bala of Rogi is weak, food can be processed with medicine and administered. Peya serves this purpose effectively.

Preparation Method of Peya: This Peya Kalpana is prepared by using rice and water in 1:14 proportion. The rice is cooked in said proportion of water and then maximum watery content of the prepared formulation is collected with few grains of cooked rice is known as Peya. (rice gruel)⁽¹⁰⁾

Gunas of Peya:^(11, 12,13)

Biological properties:

Laghu Biological Actions:

Deepan, Pachana, Vatanulomana, Dhatupushtikara(nourishes basic elements).

Indications: Atisara, Jwara.

Peya is described in the treatment different clinical conditions with different ingredients [Check in Table No. 1]

Contraindications of Peya⁽²¹⁾:

- fever due to alcoholism
- In chronic alcoholic patient
- summer season
- excessive pitta and kapha in Jwara.

Discussion:

In pathya Kalpana, peya plays a very important role both in healthy persons and diseased. Peya is easily acceptable. It enhances Jatharagni. In today's era, food habits of the people are very unhealthy. Junk foods mainly hampers Jatharagni. So, the peya should be advised as a diet plan in healthy and diseased individuals with appropriate medicines to preserve Agni and to stay fit.

Conclusion:

- Peya Kalpana is a basic and widely used in many diseases.
- Preparations of peya is very simple and made up of easily available ingredients.
- This is very cost-effective method.
- It can be easily practiced clinically.

Table No. 1: Use of Peya in the treatment of different clinical conditions

Sr. No.	Name of Peya	Indications	Ingredients	Classical Reference
1	Pachani & Grahi Peya ⁽¹⁴⁾	Atisara, Digestive, Amapachana, Carminative	Kapitha(Limonia acidissima), bilwa (Aegle marmelos),Changeri(Oxalis corniculata), Dadima juice(Punica granatum), buttermilk.	Ch.Su.2/19
2	Vatika atisaraghni peya ⁽¹⁵⁾	Vataja diarrhea	Panchmoola	Ch.Su.2/19
3	Pitta - Kapha atisaraghni peya ⁽¹⁶⁾	Paittika and shlaishmika diarrhea	Shaliparni(Desmodium gangeti- cum),bilwa(Aegle marmelos), prishni- parni(Uraria picta), sour dadima(Punica granatum)	Ch.Su.2/20
4	Rakta atisaraghni peya ⁽¹⁷⁾	Dysentery and diarrhea with bleeding	Goat's milk (Capra aegagrus), hribera (Pavonia odorata), utpala(Nymphoea stellata), nagaramotha, prishniparni (Uraria picta)	Ch.Su.2/21
5	Aam atisaraghni peya ⁽¹⁸⁾	Diarrhea due to indigestion or amaja diarrhea	Ativisha(Aconitum heterophyllum), sunthi (Zingiber officinale)	Ch.Su.2/22
6	Mutra krichaghni peya ⁽¹⁹⁾	Diuretic, helpful in dysuria	Gokshura (Tribulus terrestris), kantakari (Solanum surrattense), phanita(half cooked molasses)	Ch.Su.2/22
7	Vataj Kasa peya ⁽²⁰⁾	Vataj kasa	Ajmoda, pippali, bilwa, sunthi, chitrak, rasna, jire, prithakparni, palash, kachori, pushkarmool	A.H. Chi 3/20,21

Table No. 1: Use of Peya in the treatment of different clinical conditions

Day	Time	Annakala	Pravar shudhi	Madhyam shudhi	Hina or avara shudhi
1st	Morning	-	Panchakarma procedure	Panchakarma procedure	Panchakarma procedure
	Evening	1	Peya	Peya	Peya
2nd	Morning	2	Peya	Peya	Vilepi
	Evening	3	Peya	Vilepi	Kritakrita Yusha
3rd	Morning	4	Vilepi	Vilepi	Kritakrita Mamsarasa
	Evening	5	Vilepi	Akrita Yusha	Normal Diet
4th	Morning	6	Vilepi	Krita Yusha	
	Evening	7	Akrita Yusha	Akrita Mamsarasa	
5th	Morning	8	Krita Yusha	krita Mamsarasa	
	Evening	9	Krita Yusha	Normal Diet	
6th	Morning	10	Akrita Mamsarasa		
	Evening	11	Akrita Mamsarasa		
7th	Morning	12	Krita Mamsarasa		
	Evening	-	Normal Diet		

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